

FEELING Faces

Changes bring lots of feelings. And every feeling has a word to describe it. Point to the face that shows how you are feeling right now, and tell your mom or dad why you think you are feeling that way. Moms and dads have lots of feelings, too, so ask your mom or dad to do the same.



anxious



happy



shy



playful



worried



nervous



frustrated



sad



outgoing



content



grumpy



calm



disappointed

[attach a photo of
yourself here]

here I am feeling _____
because _____